



KARATE



Welcome to the Westport Parks and Recreation **Karate** program. One of our oldest and most popular activities, karate offers participants a good workout while teaching discipline and improving self-confidence. Goals include increasing confidence and motor skills with strong discipline. Each session ends with testing day(s) and participants receive their belts as they move through the class. New students are always welcome. Lead instructor Al Haven provides high quality instruction with much patience and understanding. Missed classes can be made up at other town locations. This is a limited contact sport and is open to participants, age 6 and up.

GENERAL PROGRAM INFORMATION

The Karate program is for anyone who is 5 years old and older. This is a **very disciplined program with limited contact**. Lead instructor Al Haven is a world class teacher and will not tolerate behavioral problems and those disrupting the class. Any participant with behavioral problems will be asked to leave. All classes meet on Tuesday evenings in the **Coleytown Middle School Gym**. This program *basically* follows the school calendar. When school is closed, the program is closed. If school cancels or has an early dismissal due to inclement weather, the program also follows suit. Below are the days the program will be in progress:

Session 1: September 16 – January 13, 2009 K 11

September 16, 23, 30, October 7, 14, 21, 28, November 11, 18, December 2, 9, 16, January 6, 13 **Testing dates to be announced and will be held in Wilton.**

*no class November 4

Session 2: January 20 – May 12 K 21 (14 classes as extra week is given for completion of belts)

January 20, 27, February 3, 10, 24 March 3, 10, 17, 24, 31 April 7, 21, 28, May 5, 12 **Testing dates to be announced and will be held in Wilton.**

Class times are 6:00 pm – 7:30 pm. If you miss your class in a week, you may choose to go to one of the following sites to make it up:

NORWALK: Mondays and Wednesdays, Roosevelt School, 6:00 – 7:30 pm and 7:30 – 9:00 pm

WILTON: Thursdays, Comstock Community Center, 5:00 – 6:30 pm

TESTING

At the end of each session, participants may participate in skills testing for their belts. The cost is \$5. Please speak with Al Haven to find out more information about this.

CANCELLATION LINE

To keep up to date on program cancellations due to inclement weather, please call our cancellation line, 341-5074.

EQUIPMENT

While a karate uniform is not mandatory, it is highly recommended for those who take part in the program. This can be purchased directly through the instructor. Besides offering uniformity throughout the class, the uniform allows freedom of movement.

- **All participants must wear a mouth guard. This may be purchased through the instructor if needed.**
- **All male participants must also wear appropriate protective gear to prevent injury.**

DROP OFF AND PICK UP

For parents who have children in the program, we ask that you be prompt and adhere to the beginning and ending times of the program. Consistent lateness in either dropping off or picking up is cause for the child's dismissal from karate.

GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are cause for immediate dismissal from the program with no refund.
- At the end of each class, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department want this to be an enjoyable experience for all participants. Please take the time to read this information with your child if they are a participant.

